

COMPARISON OF VARIOUS TREATMENT MODALITIES IN PATIENTS WITH ALOPECIA AREATA

ABSTRACT

Introduction:

Alopecia areata (AA) is a common form of non scarring hair loss of scalp and/or body. Genetic predisposition, autoimmunity, and environmental factors play a major role in the etio-pathogenesis of AA. In general population, the prevalence was estimated at 0.1-0.2% with a lifetime risk of 1.7%.

Aim:

To study the efficacy of various treatment modalities in the management of alopecia areata and to compare them with one another. Study design: Prospective interventional study. Study period: one year (August 2017-July 2018)

Methodology:

100 Patients attending dermatology op with alopecia areata were randomly recruited into study and divided into four groups. Each group consists of 25 patients and following treatment were given. Group I: Intralesional steroids (Triamcinolone Acetonide) 10mg/ml. Group II: Cryotherapy (liquid nitrogen). Group III: Topical phenol application (88%). Group IV: Spot Phototherapy (NB-UVB)

Results:

Cosmetically acceptable regrowth of hair was seen in 88% of patients treated with intralesional steroids, 76% of patients with cryotherapy, 52 % in patients treated with phenol and 36% of patients treated with phototherapy with NB-UVB. Nail changes were seen in 34% of patients, with pitting as the most common finding.

Conclusion:

Intralesional steroid therapy were found to be more effective compared with others. All four modalities may be considered in the therapy of alopecia areata and the role of NBUVB needs further evaluation in large group of patients.

Key words: Alopecia areata, Intralesional steroids, Cryotherapy